

## “OBSERVE, LEARN AND ACT”

The **Mayo College Mail (MCM)** interviews **Akshay Kumaria (AKS)**, who was recently appointed as the **College Captain**.



**MCM:** What have been some of your most well-remembered experiences in Mayo College-from a normal Mayoite to the College Captain?

**AKS:** I'd firstly like to state that we are no different from a normal Mayoite. It is just that we represent our school and it is great! Five years is a long time to experience great things and there is quite much that has happened with me. Right from my first day in school when I got up as a kid who missed home so much to when Mayo became a special home to me; every day when I do something new, it stays as a fond remembrance in my memory. Right till last year's prize giving, my memories have been made up of our late night rehearsals for plays, hours filled of anxiety before debates, work in the Art School, chatting and eating with friends-all this stuff that a student studying here should've experienced. There are innumerable things that I can't spell, but yes, all of it has made me what I am today. And then from the day I was elected, it has been a little different journey. There are new situations that you have to face, almost always, and you

learn a lot from it. Things do not happen on their own, you have to help them to take place with you. Similarly, there are a lot of instances that have taken place with me. Coming out with some of them was a little difficult.

**MCM:** What has been your main target throughout your Mayo life that has always been encouraging you to excel in everything?

**AKS:** My goal till Class 9 had been always been to remain focused about everything that I took in my hands. But as childhood rubbed off, gradually something else added up, being positive-whatever the reason maybe. Gradually, with new lessons learnt, my goals kept changing but ultimately if you think positive, things happen your way. The fact that I represent all the people I am attached to has always shown me the right way, even though, by the end of the day, I've always thought that I am just answerable to myself, but there are a number of people who have always inspired me and whom I hold responsible for making me what I am.

**MCM:** What is the first change that you will do to improve the old 'traditions' of Mayo which you think are biased?

**AKS:** Traditions are neither established in a day nor destroyed in a day. As and when the society feels the need to stop the age old concept, it does. Similarly, traditions are neither made by an individual. Certainly I can affect the thinking of people but eventually it's their call for what they have to accept and what they have to discard. Traditions are what a society accepts and not what an individual makes out of it.

**MCM:** What changes have you felt as the College Captain which you did not experience as a normal Mayoite?

**AKS:** Certainly, there are changes. Changes that are quite interesting – you get to know almost everybody's say for a particular thing. You get first hand information which makes it easier to discard rumours. It's good to know

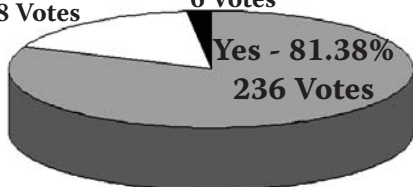
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## OPINION POLL

Is Mayo lacking behind because it does not have an auditorium?

No - 16.55%  
48 Votes

Can't Say - 2.07%  
6 Votes



**Next poll** - Are you alarmed by the increase in the number of H1N1 (swine flu) cases in the country?

*Submit your opinion on Mayoonline.*

## OBITUARY



We regret to inform the school community of the passing away of Mr. Vikram Singh (Mess Manager, Middle Mess) on August 9, 2009. Our heartfelt condolences go out to the bereaved family.

## THE WEEK OF INDEPENDENCE AND BIRTH OF LORD KRISHNA

This last week was a very magnificent week as we celebrated Janmashtami on 14th August and Independence Day on 15th August!



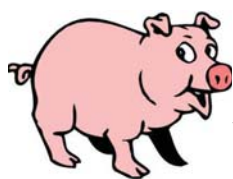
## INDEPENDENCE DAY CELEBRATIONS

The 63rd Independence Day was celebrated in front of the Main Building near Lord Mayo's statue. Mr. Samar Bhaduri was the Chief Guest for the occasion and hoisted the National Flag. The programme was then followed by Marching Competition, Speeches and Chorus. In the inter-troop marching and drilling competition, the Army Wing and the Air Wing stood 1st and 2nd respectively.



## CRACKED POTS

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. The perfect pot was proud of its perfection for which it was made. But the poor cracked pot was ashamed of its own imperfection. After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I'm ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house," the pot said. The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw. So I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. Without you being just the way you are, there would not be this beauty to grace the house? Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.



PRECAUTIONS TO KEEP

# SWINE FLU



AT BAY

The deadly Swine Flu has reached the Indian shores following the global outbreak and now, claimed two lives. However, Swine Flu is certainly one of those diseases where an ounce of prevention is worth a pound of cure. Here are ten tips for you to keep away from the pandemic.

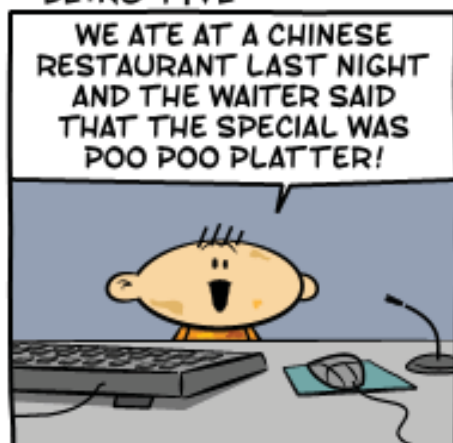
1. Wash your hands frequently - Use the antibacterial soaps to cleanse your hands. Wash them often, at least 15 seconds and rinse with running water.
2. Get enough sleep - Try to get 8 hours of good sleep every night to keep your immune system in top flu-fighting shape.
3. Drink sufficient water - Drink 8 to 10 glasses of water each day to flush toxins from your system and maintain good moisture and mucous production in your sinuses.
4. Boost your immune system - Keeping your body strong, nourished, and ready to fight infection is important in flu prevention. So stick with whole grains, colorful vegetables, and vitamin-rich fruits.
5. Keep informed - The government is taking necessary steps to prevent the pandemic and periodically releases guidelines to keep the pandemic

away. Please make sure to keep up to date on the information and act in a calm manner.

6. Avoid alcohol - Apart from being a mood depressant, alcohol is an immune suppressant that can actually decrease your resistance to viral infections like swine flu. So stay away from alcoholic drinks so that your immune system remains strong.
7. Be physically active - Moderate exercise can support the immune system by increasing circulation and oxygenating the body. For example brisk walking for 30-40 minutes, 3-4 times a week will significantly perk up your immunity.
8. Keep away from sick people - Flu virus spreads when particles dispersed into the air through a cough or sneeze reach someone else's nose. So if you have to be around someone who is sick, try to stay a few feet away from them and especially, avoid physical contact.
9. Know when to get help - Consult your doctor if you have a cough and fever and follow their instructions, including taking medicine as prescribed.
10. Avoid crowded areas - Try to avoid unnecessary trips outside.

## COMIC STRIP - BEING FIVE

BEING FIVE





**Contd. from page 1**

and realize that you have the power to make a substantial change in the school or in a person's life. You get to know the system more closely and then by the end of it you benefit personally because you would've learnt so many things that you might not have otherwise.

**MCM:** What do you feel about the recent law made by the Supreme Court which says that a teacher can't beat or scold a student?

**AKS:** I guess laws are always debatable. They are open ended. The law has done right to the kids who are beaten up or scolded when things could've settled without any physical involvement but at the same time it has done bad to those who would've stopped doing wrong by a beating but now would not. It works differently for everyone. As a monitor I think that some flexibility should be provided because it wouldn't be late when people realize that initial fear eventually become respect.



**MCM:** Lastly, what is your message to your juniors who always dream of becoming the leaders of Mayo one day?

**AKS:** There is no planning in the junior stage of life. You just are what you are taught to be. After sometime you make your own choices which then decide your fate. To be a leader you need to understand people at all platforms and then act wisely. You just can't move ahead alone and display your own potential and say that yes, I am leading. Moving ahead with your entire group by explaining every step to them will surely make you a better leader. My advice would be nothing in particular but I'd just like to end with something that every Mayoite must follow – OBSERVE, LEARN and ACT.

Many readers requested us to re-start the Killing English block in the new format of The Mayo College Mail. From this issue onwards, this block will come in the form of Howlers.

**! HOWLERS!**

**"All brothers are my brothers and sisters"**

**"I will give your projects to me"**

**"This costed rupees ten dollars"**

**"Send him to there"**

**"Happy Independencing Day!"**

**"The gym is very sophisticating"**

**"I have been stopping to swim now"**

**"Don't be panic"**

**"Get cancel your numbers"**

**"Why do you went there?"**

*Heard somebody speaking very weird English?*

*Send us the howlers at [editor@mayocollege.com](mailto:editor@mayocollege.com)*

**Speakout! MAYO**

**SWINE FLU IS.....**

*More of a rumour than a disease*

**Dr. S.K. Rai**

*A sneeze that can make you freeze*

**Ankur Agarwal**

*A million dollar donation to the manufacturers of Tamiflu*

**Ankit Mittal**

*The latest excuse to close the school*

**Parth Parashar**

**STAFF NEWS**

We congratulate Dr. Mohit Mohan Mathur (Department of History) for being nominated for the National Right to Information (RTI) Awards 2009 in Citizens' Category.

## GANESH CHATURTHI

-Dr. Mohit M. Mathur-  
(Department of History)

Ganesha Chaturthi or Ganesha Festival is a day on which Lord Ganesha, the son of Shiva and Parvati, is believed to bestow his presence on earth for all his devotees. Typically, the day usually falls between 20 August and 15 September. The festival lasts for 10 days, ending on Anant Chaturdashi. The origin of the festival lies in the Holy Hindu scriptures which tell the story of Lord Ganesha. According to the legend, Lord Shiva, the Hindu God of resolution, was away at a war. His wife Parvati, wanted to bathe and having no-one to guard the door to her house, conceived of the idea of creating a son who could guard her. Parvati created Ganesha out of the sandalwood paste that she used for her bath and breathed life into the figure. She then set him to stand guard at her door and instructed him not to let anyone enter. Before 1893, Ganesh Chaturthi used to be an important public festival during the Peshwa rule in Maharashtra, but that year, Indian freedom fighter and social reformer Lokmanya Bal Gangadhar Tilak transformed the annual festival into a large, well-organized public event. Tilak recognized the wide appeal of the deity Ganesh as "the god for everybody" and popularized Ganesh Chaturthi as a national festival in order "to bridge the gap between Brahmins and 'non-Brahmins' and find a context in which to build a new grassroots unity between them", and generate nationalistic fervor among people in Maharashtra against the British colonial rule.



Santa opened a petrol pump, but not even one customer went there. He asked Banta why this happened with him. Banta laughed and said, "Because you opened your petrol pump on the second floor!"

\*\*\*\*\* 😊 \*\*\*\*\*

Tourist Banta to Villager Santa: Any great man born in this city?

Santa: No sir, only small babies!

\*\*\*\*\* 😊 \*\*\*\*\*

**Send your own "Santa-Bantas" to us at  
[editor@mayocollege.com](mailto:editor@mayocollege.com)**

## CURRENT NEWS

We welcome Rehan Visser, an exchange student from Bridge House School, Cape Town, South Africa and wish him a happy stay at Mayo College.

The Library Committee Meeting was held this Wednesday. The Principal, Vice-Principal, teachers and students attended the meeting with the Librarian.

### Congratulations to:

Raghav Mantri - appointed as the Badminton Captain

Adhiraj Singh - appointed as the Hockey Captain

Ashray Ohri - appointed as the Squash Captain

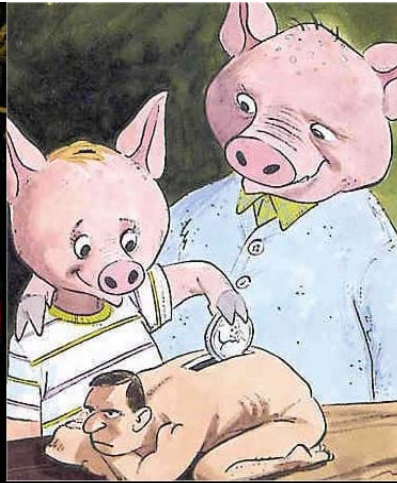
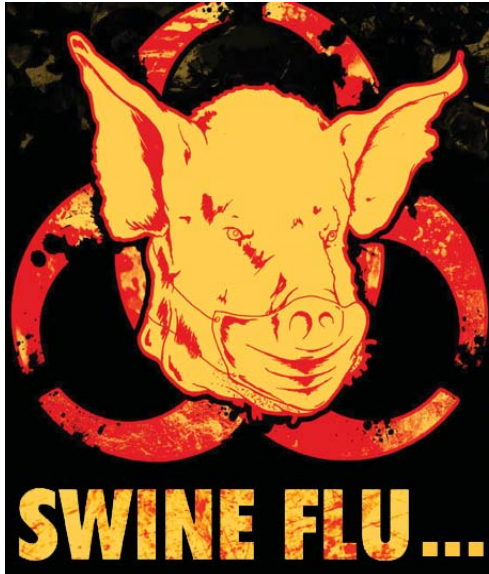
## Breathing Therapy

The nose has a left and a right side; we use both to inhale and exhale. Actually they are different; you would be able to feel the difference. The right side represents the sun, left side represents the moon. During a headache, try to close your right nose and use your left nose to breathe. In about 5 mins, your headache will go.

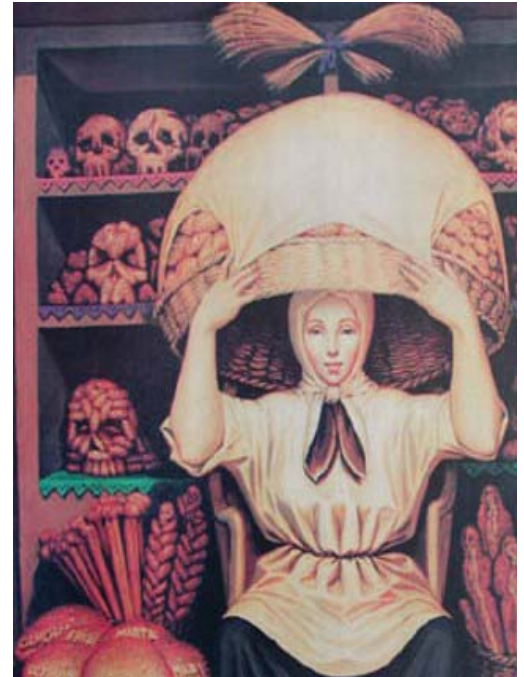
If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed. Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'. Most females breathe with their left noses, so they get "cooled off" faster. Most of the guys breathe with their right noses, they get worked up. Do you notice the moment we wake up, which side breathes faster? Left or right? If left is faster, you will feel tired. So, close your left nose and use your right nose for breathing, you will get refreshed quickly.



## IN THE PICS



## ILLUSION



## NEW BOOKS IN THE LIBRARY

I Witness - Kapil Sibal

The Horse Boy : A Father's Miraculous Journey To Heal His Son - Rupert Isacson

The Great Speeches Of Barack Obama - Maureen Harrison

George's Comic Treasure Hunt - Lucy Hawking

Come Be My Light: The Private Writings Of The Saint Of Calcutta - Mother Teresa

The Janson Detective - Robert Ludlum

## SIZZLING FACTS

A cat has 32 muscles in each ear.

A cow produces 200 times more gas a day than a person.

A goldfish has a memory span of three seconds.

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

A hummingbird weighs less than a 1 Re coin.

A shark is the only fish that can blink with both eyes.

160 cars can drive side by side on the Monumental Axis in Brazil, the world's widest road.

An ostrich's eye is bigger than its brain.

Camels have three eyelids to protect themselves from blowing sand.



### The Mayo College Mail Editorial Team:

**Editor-In-Chief:** Mridul Godha **Senior Editors:** Krishit Arora, Sidharth Chugh, Kushagra Agarwal

**Associate Editors:** Parth Parashar, Tejas Singh

**Special Assistance:** Mr. Rakesh Alfred

**Special Thanks To:** Mr. D.S. Jhala and Computer Dept.

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